

# Quality Of Life Case Study

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*This case study represents my experience in using Dansac NovaLife TRE soft convex barrier with a specific patient and may not necessarily be replicated.*

### Patient Overview

The patient is a 79 year married man with an active lifestyle. He presented at clinic complaining of red and painful peristomal skin following a laparoscopic repair of a parastomal hernia.

### Patient History

The patient had a history of ulcerative colitis, resulting in laparoscopic subtotal colectomy and formation of end ileostomy some years ago, followed by completion proctectomy. He subsequently went on to develop obstructed parastomal hernia which was repaired along with refashioning of his ileostomy.

Recently, the patient developed a further parastomal hernia and underwent laparoscopic repair. Following this procedure, he was discharged home and reviewed at stoma clinic two weeks later. At this stage, no issues were identified. The patient was using the Dansac Nova 1 Easifold Midi pouch. He was managing well and the wound from his hernia repair appeared to be healing. It was agreed that the patient would next be assessed at his annual review.

### Intervention

Three months post discharge, the patient contacted the stoma clinic to ask for an urgent review as he was suffering with sore peristomal skin and felt that the stoma was "pulling down" which is a common symptom described by patients with parastomal hernia (Burch 2018). He also stated that he had to change the pouch several times a day due to a "burning" sensation.

When I saw him in clinic, the patient described "stinging" below the stoma which he had been experiencing for several weeks. On examination I noted a large cluster of granulation tissue below the stoma which could be mistaken for mucosa. The patient also had a moderate parastomal hernia. His DET score was 10.

I decided to trial the Dansac TRE seal. This seal is designed with an off-centre hole helping me to position the widest part below the stoma and where the granulation tissue was most visible. I included the use of a concave barrier and advised the patient to renew the product on alternate days in an attempt to improve the condition of his peristomal skin.

The following week, the patient felt that the pain around his stoma had reduced. He was pleased with the result of the intervention and was feeling happy and positive. He was still renewing the pouch daily as this made him feel more comfortable. On examination, I noted that the granulation tissue was much improved visually and he now had a DET score of 9. We agreed to continue using the Dansac TRE seal (Photo 1).



Photo 1: One week after using Dansac TRE seal and concave pouch

At his next clinic review, two weeks later, the patient's skin had visually improved further and his DET score was now 7. However, he had developed new sores to the right of his stoma, and the peristomal skin had begun to bleed. An area of discolouration was also noted to the patient's left of the stoma (Photo 2).

At this stage, I decided to trial Dansac NovaLife TRE soft convex barrier cut to 40mm in an attempt to assist with pouch positioning, as the patient was not positioning the Dansac TRE seal high enough. Whilst the patient had a prominent stoma, the parastomal hernia created a firm abdominal wall and for this reason I chose to omit the use of the Dansac TRE seal, as the use of a seal with convexity can exert excessive pressure on peristomal skin and increase the risk of skin trauma (Cronin 2008).



Photo 2: Discolouration to the left of the stoma

Two weeks later, there was further improvement observed, and his DET score was 6. There was observed marked improvement to the previously broken peristomal skin, and no change noted to the discoloured skin to the left. The patient continued to use NovaLife TRE soft convex barrier 3081-44 cut to 40mm without the Dansac TRE seal and was managing well (Photo 3).



Photo 3: Two weeks after wearing Dansac NovaLife TRE soft convex barrier 3081-44 cut to 40mm

One month later, the patient reported burning sensation to the right of the stoma. On examination I noted that the stoma had shrunk and granulation tissue had increased. As a result, I adjusted the aperture to fully cover the granulation. The patient continued to use NovaLife TRE soft convex barrier.

Three weeks later, the granulation tissue had almost gone, but there was evidence of peristomal skin bruising extending circumferentially. The use of convexity with parastomal hernias can create pressure wounds (Steinhagen et al 2017). As a result, I reverted back to TRE seal and Dansac Nova 1 Easifold midi barrier cut to 40mm.

At his next clinic review, two weeks later, there was some visible improvement to the peristomal skin. The patient reported that the “stinging” sensation had improved and his DET score was now 2. The patient was now confident in renewing the pouch on alternate days. However, he found it difficult to position the Dansac TRE seal to cover the remaining granulation tissue, due to the hernia.

To help with product positioning, I decided to trial the new Dansac NovaLife TRE flat barrier cut to 40mm. Unfortunately, the patient continued to struggle with product positioning stating that he felt the pouch “did not sit right”. As a result, the patient asked to revert back to the Dansac TRE seal and Nova 1 Easifold pouch (cut to 40mm), as he felt this product combination gave him the confidence he needed to have a good quality of life.



Photo 4: Three months post initial assessment showing visible improvement

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#### Conclusion

Three months later, the granulation had greatly improved and the patient is managing well as part of an overall care plan (Photo 4). He is, however, still experiencing significant pain from the hernia and is currently awaiting an assessment by the surgical team.

#### Key Learnings

- Be aware of the patient's quality of life and how stoma care nurses can make a direct and positive impact
- Keep up to date with new product technology and innovation. Selecting the right product at the right time can improve both physical and emotional outcomes
- Respect the choice of your patient, even if this means reverting to an original product that they feel more comfortable using and which helps improve their quality of life
- Remind your patients to contact the stoma clinic immediately if they have peristomal skin complications, pain or a dragging/ burning sensation

#### References

- Burch, J. 2018. Nursing strategies for the prevention and management of parastomal hernias. *Gastrointestinal Nursing*. 16 (2) pp. 38-42.
- Cronin, E. 2008. A guide to the appropriate use of convex stoma care products. *Gastrointestinal Nursing*. 6 (2) pp. 12-16.
- Steinhagen, E. Colwell, J. Cannon, L. 2017. Intestinal Stomas- Postoperative Stoma Care and Peristomal Skin Complication. *Clinics in Colon and Rectal Surgery*. 30 (3) pp. 184-192.

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#### About Dansac NovaLife TRE

Living with a stoma does not have to mean accepting peristomal skin complications. Helping the skin around the stoma stay healthy goes a long way in enhancing the quality of people's lives.

The **Dansac NovaLife TRE** ostomy barrier is designed to help keep skin naturally healthy with 3 levels of protection: **Adhesion, Absorption and pH Balance.**

**The best skin is healthy skin.**

**For more information contact your local representative.**

